

**Abstract**

The present invention relates generally to the fields of neuroscience, growth factors and depression. More particularly, the present invention addresses the need in the art for methods and compositions for treating neurological disorders such as depression, anxiety, panic disorder, bi-polar disorder, insomnia, obsessive compulsive disorder, dysthymic disorder and schizophrenia. In certain embodiments, the invention relates to non-covalent binding interactions between insulin-like growth factors (IGFs) and IGF binding proteins (IGFBPs).